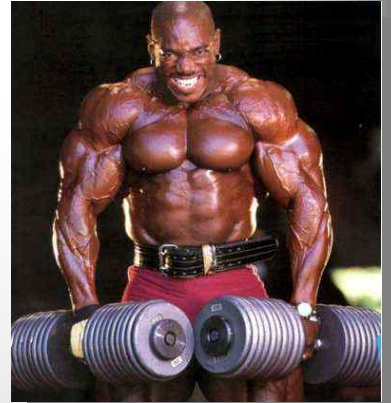


Stress Kills!



⇒ **Protect yourself!**

⇒ **Build those stress control Muscles!**

⇒ **Improve your stress management skills!**

Navy Systematic Stress Management Program

www-nehc.med.navy.mil/hp/stress